

# Mental Health

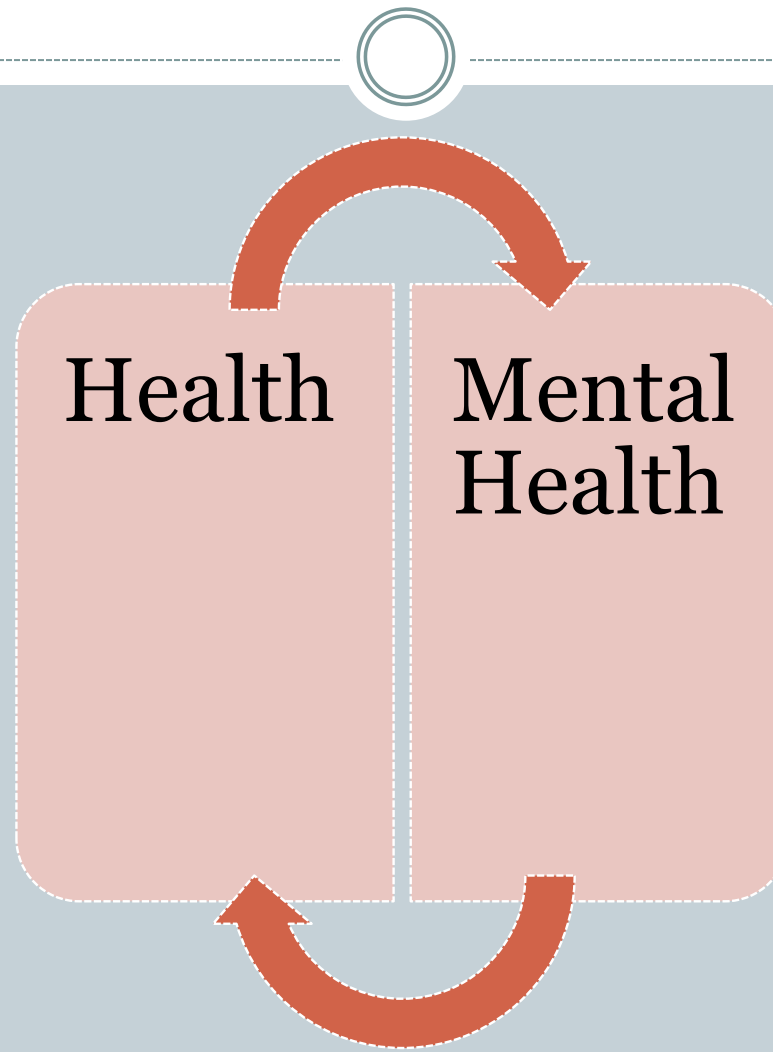


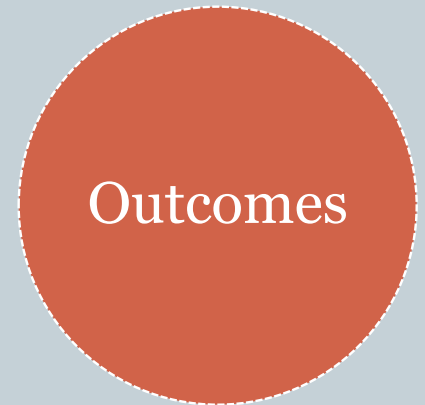
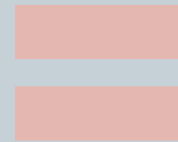
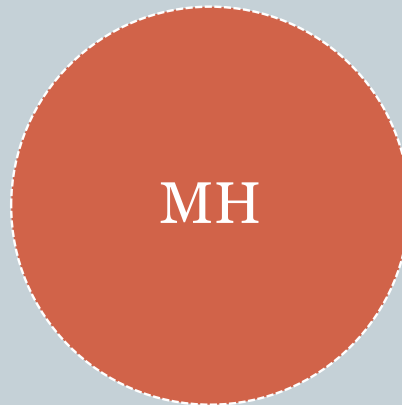
# Norms for this Session



- Safe-judgmental free zone
- Delay distractions
- Presume positive intentions
- Problems come with solutions
- Take charge of your own learning

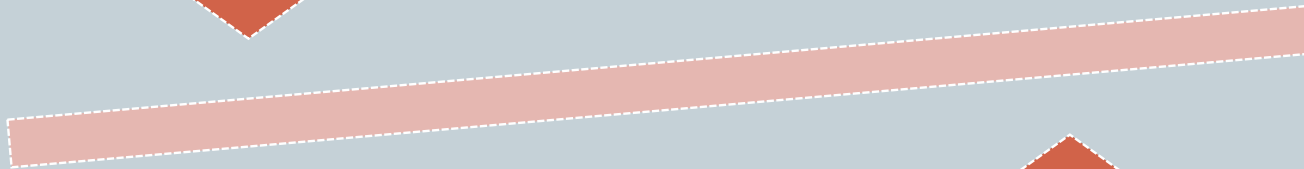
# Interrelated







Health



Mental  
Health





What are things that  
impact your mental  
health?

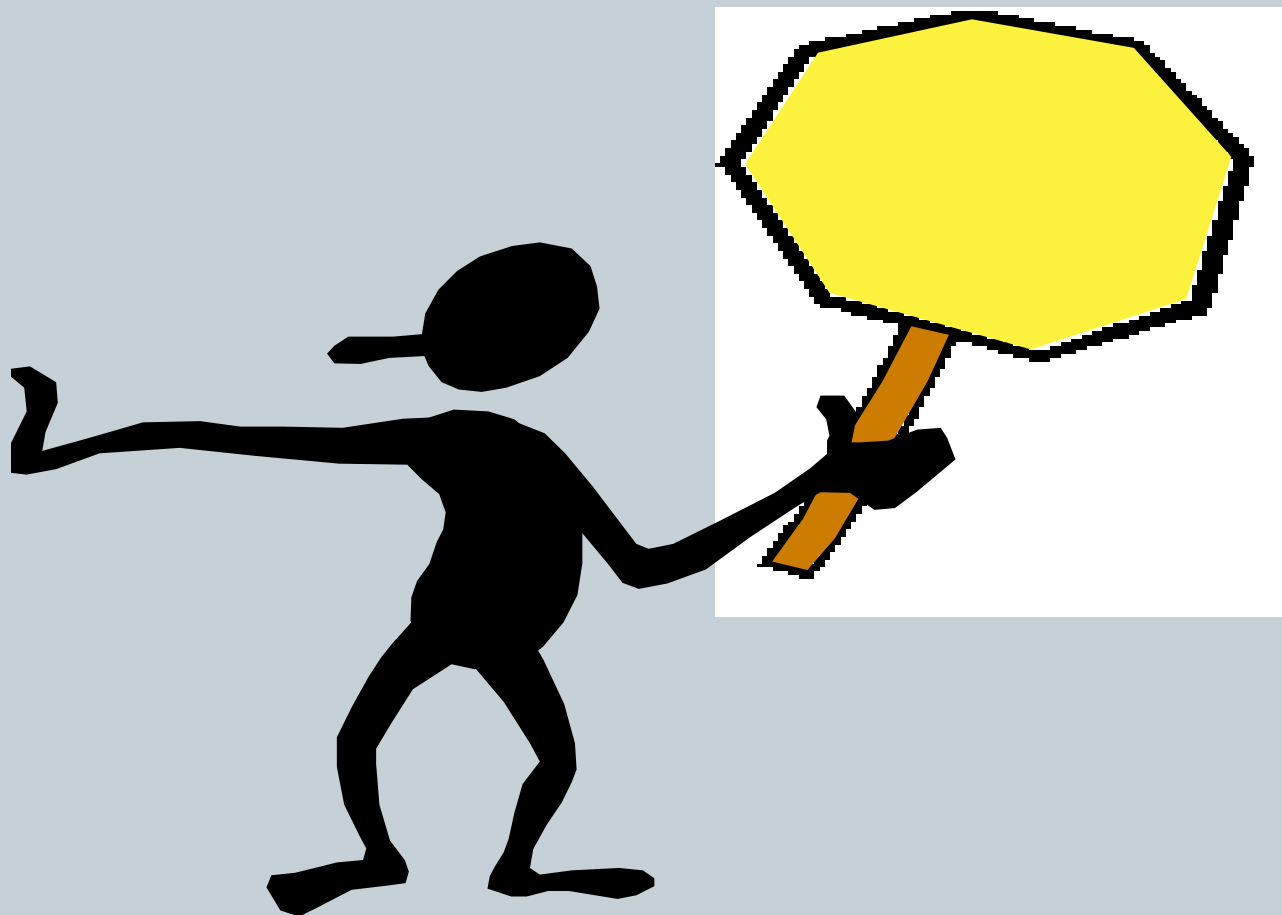


LessonPlans  
3Requirements  
PersonalNeeds  
StudentsNeeds  
FamilyLifeNeeds  
AdministratorsDemands  
MDEDemands  
Paperstograde  
ParentsNeedsComplaints



“I have come to believe  
that caring for myself is  
not self indulgent.  
Caring for myself is an  
act of survival.” – Audre Lorde

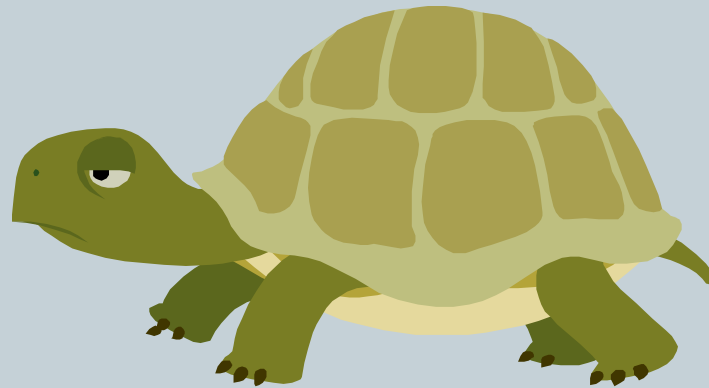






What can you  
do to take care of  
**YOU?**

# Stressed out



S.L.O.W.



- Take Deep Breaths
- Connect to your breath/yourself/feelings
- Be in the moment/present

# Bummed out

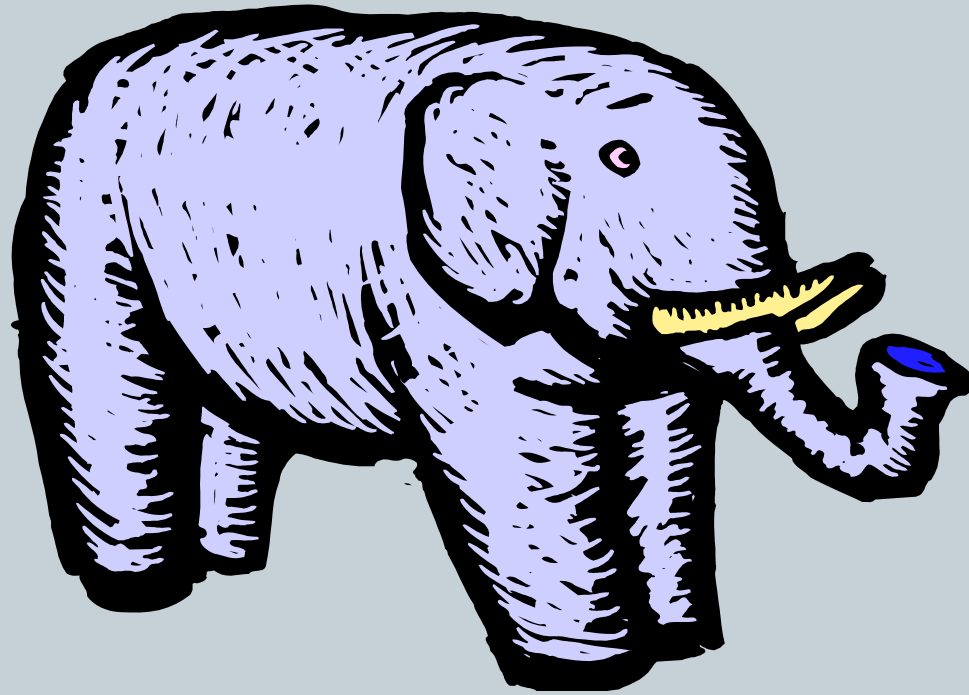


Reframe



- Gain Perspective
- Have Realistic Expectations
- Collect Positivity

# Burnt Out



FORWARD



- Tag team
- Take care of your health (rest, exercise)
- Get a hobby



Willing to try an  
experiment??





“To be happy and do what  
you love to do is a gift”

-Richard Phelps